



I'm Thirsty!

You want the very best for your family!

Kids and adults need water, milk and 100% fruit juice EVERY DAY!

Make sure your child drinks:

- 4 servings of milk (1/2 cup is a serving) - 2%, 1% or fat free milk if you child is over 2 years old.
- 1 serving of Vitamin C fortified 100% juice (1/2 cup serving)
- Several small cups of water.

Make sure you drink:

- 2 servings of 1% or fat free (skim) milk (1 cup is a serving for adults) OR 4 servings of milk if you are a pregnant mom.
- 1 serving of Vitamin C fortified 100% juice (3/4 cup serving)
- 8 glasses of water (1 cup serving)

Remember, your child may not always tell you when she is thirsty. Offer water several times a day.

Try these tips...



- Carry a water bottle with fresh tap water where ever you go!
- Keep a bottle or jug of tap water in the fridge to keep it cool and refreshing!
- Enjoy a glass of ice water with a slice of lemon.
- When you feel hungry, drink a cool glass of water before you eat something—you may not be hungry after all!
- Whenever you pass a water fountain, take a drink and help your child get a drink, too.

Octopus Bubbles (serves 1)

- 1) Pour pineapple or orange juice into a plastic cup until half full.
- 2) Add Club Soda.
- 3) Stir.
- 4) Drink.

